

## DEVELOPMENT OF CREATIVE VIDEO ARTS OF POLTEKKES JAMBI TO IMPROVE PHYSICAL ACTIVITIES

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### Abstract

Poor environmental conditions and poor clean and healthy living behavior (PHBS) of the community is suspected be the cause of still high infectious diseases. Various PHBS promotion efforts have been launched by the government to improve the clean and healthy living behavior of the community. The Declaration of Healthy Campus in Poltekkes Kemenkes Jambi is an effort to improve health promotion and prevent uncoun communicable diseases in the campus environment. Campus is place of productive age and the right place to explore phbs habits. One way to improve health education through gymnastics videos as a health promotion medium.

The purpose of this study is to develop gymnastics videos as a health promotion medium to improve clean and healthy living behaviors in this case physical activity. This research is a development research that is to produce the output of research products in the form of gymnastics videos as a health promotional medium. The development model uses borg and gall theory. Validation of developed gymnastics videos is carried out with (1) expert validation support for content/materials and validation from gymnastics video learning design experts, (2) Small group tests and (3) field tests. The subjects of this study are 10 students as a small group test and 26 students as field tests. The instrument used in this study is a questionnaire.

The results of the research from material validation experts, design experts and trials of small groups and large groups in a series of gymnastics videos created by Poltekkes Kemenkes Jambi were developed worthy of use to increase physical activity. It is recommended that people in increasing physical activity can use gymnastics videos created by Poltekkes Kemenkes Jambi.

**Keywords:** PHBS, Physical activity, Gymnastics, Health Promotion.

### Introduction

Health development is essentially an effort carried out by all components of the Indonesian nation, the goal is to increase awareness and ability to live healthy for everyone in order to realize the highest degree of public health. Public Health is closely related to behavior and the environment. Especially the behavior that plays a role in determining the health status of more than 80%. Nearly 90% of diseases categorized as non-communicable diseases (NCDs) such as cancer, diabetes, HIVAIDS, heart disease, high blood pressure, stress and so on can actually be prevented with clean and healthy living behaviors, including improper eating patterns, lack of activity physical health, not check their health regularly.

People who have bad lifestyle habits (before eating habits, drinking habits, urinating habits, bowel habits and resting habits) have a 3.5 times greater risk of suffering from diarrhea than people who

have clean and healthy lifestyles. Poor environmental conditions and the lack of good clean and healthy living behavior (PHBS) in the community are suspected to be the cause of these problems. The results of the 2018 Basic Health Research (Riskesdas) which showed that 38.7% of households with PHBS were good. Likewise, for respondents aged more than 10 years, 76.8% of respondents were not correct in washing their hands and 28.9% were not correct in defecating behavior (BAB). Other data shows that 23.7% of respondents have ever smoked, 48.2% lacked physical activity, and 93.6% had less consumption of fruits and vegetables.

The results showed that the level of education and gender had a relationship with behavior/actions regarding PHBS. The level of knowledge and attitude factors about PHBS are related to their behavior, as is the experience of exposure to health information media in the form of leaflets, books, stickers and television (Kemenkes RI, 2018). The Ministry of Health in 2016 launched two public health approach activities, namely the family approach with 12 indicators of a healthy family and the Healthy Living Community Movement (GERMAS) which focuses on 3 aspects of behavior change, namely physical activity, consuming vegetables and fruit. Detect risk factors that exist in each person.

Gymnastics is an exercise medium that is deliberately selected and constructed, carried out consciously and planned, systematically arranged with the aim of increasing physical fitness, developing skills, and instilling mental and spiritual values. Restianti (2010) explains that "gymnastics is a physical activity that is carried out, as a separate sport or as an exercise for other sports". We can conclude that gymnastics is a physical activity that is carried out consciously using tools or without tools, with the aim of increasing physical fitness, developing skills, and instilling spiritual values. Gymnastics is a physical activity that can be done anywhere, at school, at home, at work and in public places, physical activity is carried out for at least 30 minutes every day.

## **Materials and Methods**

### *Setting*

This research was carried out in October in Kelurahan Murni Broni, Jambi City

### *Population and sample*

The participants in this research consist of an expert of gymnastic, an expert of video design, 10 small group trials and 26 large group trials who are housewives in RT. 02 Kelurahan Murni Broni Jambi City.

### *Instrument*

Data obtained form of a questionnaire for material experts and gymnastics media, as well as a questionnaire for housewives. The function of the questionnaire to find complete information and can provide an overview of the characteristics of the respondents both individually and in groups. The questionnaire has been tested and it can be used to collect data regarding the accuracy of the design

or design of gymnastics media, the accuracy of the content of the art creations by Potlekkes Kemenkes Jambi to improve clean and healthy living behavior, attractiveness and feasibility of its use.

### *Data analysis*

There are two types of data, namely qualitative data and quantitative data. Qualitative data collected from input, feedback, criticism and suggestions for improvement. Qualitative data is needed as complementary information in the context of product revision. The data that will be disclosed in the results of this trial are as follows:

- The accuracy of the material for artistic creations of the Health Polytechnic of the Jambi Ministry of Health to improve clean and healthy living behavior (PHBS) was obtained from a material expert on PHBS, namely the Lecturer of the Health Promotion Department of the Health Promotion Polytechnic of the Ministry of Health of Jambi.
- The accuracy of the learning design obtained from the gymnastics design expert the Lecturer Physical Education, Jambi University.
- The suitability or feasibility of using artistic gymnastics from the Jambi Ministry of Health Poltekkes to improve clean and healthy living behavior (PHBS).

Quantitative data collected through this questionnaire include: assessment of material experts and gymnastics design experts about the accuracy of the gymnastics developed. The accuracy of this exercise includes: accuracy of content/content validation, accuracy of gymnastic coverage, use of language, movement, rhythm of gymnastics packaging, completeness of other components that can make a gymnastics fit to be used as a media for health promotion to improve clean and healthy living behavior (PHBS). Qualitative data in the form of input and comments are grouped and then analyzed for product purposes. Meanwhile, descriptive analysis with percentage calculation technique was used to process data obtained from material experts, design experts, small group tests and field tests calculated using the percentage formula.

## **Result and Discussion**

### ***1. Expert Validation***

Expert validation to obtain material and design values through people who are experts in their fields, namely material experts from lecturers in the health promotion department and gymnastics design experts from modern education lecturers, with the following results :

*Results of Validation of Expert Content/Material Video Gymnastics Creations of the Health Polytechnic of the Ministry of Health Jambi*

Based on the results of the analysis above, the product needs to be revised according to suggestions and comments submitted by content experts/materials for gymnastics videos. Based on the expert opinion of the content/material of the gymnastic video in writing, it is decided:

- According to the content is valid
- Good video display
- Good gymnastic movement

Furthermore, the gymnastics video product created Poltekkes Kemenkes Jambi was approved and declared eligible for field trials with revisions according to suggestions. Although there is some notes for further improvement. The errors that must be corrected include the clarity of the video sound, the clarity of the gymnastics instructions, the compatibility of the gymnastic movements with music, and the variety of gymnastic movements.

*Result Of Expert Validation Data Design video exercise created by Poltekkes Ministry of Health Jambi*

Based on the responses of the design experts, comments and suggestions were obtained from the design experts as a whole about the design of the gymnastics video created by Poltekkes Kemenkes Jambi suitable for field trials without revision. Based on the opinion of the expert in the design of the gymnastics video created Poltekkes Kemenkes Jambi in writing, it was decided:

- According to the content is valid.
- Video display is good.
- Display of good gymnastic movements.

Furthermore, the learning product in the form of a gymnastics video created by Poltekkes Kemenkes Jambi was approved and declared eligible for field trials without revision. The design expert decided the product in the form of a gymnastics video created by Poltekkes Kemenkes Jambi to increase physical activity according to the valid content, the video display was good, the attractiveness of the gymnastics movement was good but the expert still gave some comments and suggestions. It was then approved for field trials with revisions. Although the gymnastics video design expert has declared this product valid. After the content/materials expert and design expert stated that the gymnastics video created by Poltekkes Kemenkes Jambi to increase physical activity was good and valid, it could be tested on respondents.

## **2. Group Trial**

*Results Data of Small Group Trial*

Borg and Gall (1989) stated that the main purpose of small group trials is to determine the feasibility of the product which is carried out after identifying the existing problems. Based on

the questionnaire given to respondents on the video gymnastics of Poltekkes Kemenkes Jambi, the following data were obtained:

Table 1. Result of small group trial data

No	Trial Component	%					Total
		1	2	3	4	5	
1	Video background color selection accuracy	20	70	10	0	0	100
2	The accuracy of the selection of gymnastics music	0	0	60	40	0	100
3	Video sound clarity	0	90	10	0	0	100
4	Clarity of gymnastic instructions	0	10	90	0	0	100
5	The compatibility of gymnastic movements with music	0	0	20	80	0	100
6	The compatibility of gymnastics with art	0	0	60	40	0	100
7	Gymnastics movements are easy to learn	0	0	20	80	0	100
8	Varied gymnastics	0	0	80	20	0	100

- The accuracy of the video background color selection, most of the respondents answered quite well (70%).
- Most of the respondents answered quite well (60%).
- Video voice clarity most of the respondents answered quite well (90%).
- The clarity of exercise instructions, most of the respondents answered quite well (90%).
- The compatibility of gymnastics movements with music most of the respondents answered well (80%).
- The compatibility of gymnastic movements with art most of the respondents answered quite well (60%).
- Gymnastics movements are easy to learn, most of the respondents answered well (80%).
- Varied gymnastic movements most of the respondents answered quite well (80%).

Revisions have been carried out according to suggestions from small groups on learning products in the form of exercise videos which are conclusions drawn from the results of data analysis about the products being tested and used as a basis in determining whether the product needs to be revised, the final goal of this product revision is the product becomes a final product.

and ready to use for field testing.

*Results Data of Field Group Trial*

Field trials were conducted on 26 (twenty-six) respondents. So the final conclusion from the respondents' comments on the field trial of the video gymnastics created Poltekkes Kemenkes Jambi to increase physical activity, this video is very good/appropriate/appropriate/interesting. Based on the questionnaire given to the respondents on the video exercise created by Poltekkes Kemenkes Jambi

*Table 2. Result of Field group trial*

No	Trial Component	%					Total
		1	2	3	4	5	
1	Video background color selection accuracy	0	0	38,5	57,7	3,8	100
2	The accuracy of the selection of gymnastics music	0	0	19,2	76,9	3,8	100
3	Video sound clarity	0	0	69,2	26,9	3,8	100
4	Clarity of gymnastic instructions	0	0	76,9	23,1	0	100
5	The compatibility of gymnastic movements with music	0	0	0	84,6	15,4	100
6	The compatibility of gymnastics with art	0	0	23,1	73,1	3,8	100
7	Gymnastics movements are easy to learn	0	0	0	69,2	30,8	100
8	Varied gymnastics	0	0	46,2	53,8	0	100

- The accuracy of the video background color selection, most of the respondents answered well (57.7%).
- The accuracy of the selection of gymnastics music most of the respondents answered well (76.9%).
- The clarity of the video voice, most of the respondents answered quite well (69.2%).
- Clarity of exercise instructions most of the respondents answered quite well (76.9%).
- The compatibility of gymnastics movements with music most of the respondents answered well (84.6%).
- The compatibility of gymnastic movements with art most of the respondents answered well (73.1%).
- Gymnastics movements are easy to learn, most of the respondents answered well (69.2%).

- Varied gymnastic movements, most of the respondents answered well (53.8%).

Revision of the product from data exposure and data analysis was not revised because the video exercise created by Poltekkes Kemenkes Jambi was in the good/clear/interesting category for use by current users.

## Discussion

The gymnastics video product of the Jambi Ministry of Health's Poltekkes art creation was designed using the Borg and Gall design model which then produced a gymnastics video product. The choice of this model is due to the steps that must be carried out in a clearly planned procedure so that it can be followed. This model is also complete with its components, almost covering everything needed in a planning for making a gymnastics video. Based on the results of the validation of material experts, design experts and the accuracy of choosing the background color of the video, most of the respondents answered well (57.7%), the accuracy of the selection of gymnastics music, most of the respondents answered well (76.9%), the clarity of the video sound, most of the respondents answered quite good (69.2%), the clarity of exercise instructions most of the respondents answered quite well (76.9%), the compatibility of gymnastics with music most of the respondents answered well (84.6%), the compatibility of gymnastics with art most of the respondents answered good (73.1%), gymnastics movements are easy to learn most of the respondents answered well (69.2%), varied gymnastic movements most of the respondents answered well (53.8%), Product revisions from data exposure and data analysis were not revised because the exercise video created by Poltekkes Kemenkes Jambi is in the good/clear/interesting category for use by current users.

According to Hurlock (1978: 157) in learning motor skills, imitating a model plays an important role, so to learn a skill well, children must be able to imitate a good model. Management in an orderly manner can assist teachers in delivering material appropriately, effectively and efficiently. With the help of a good model, it can be helped in learning motion and easy to understand sample movements, such as movements in gymnastics videos. Hurlock (1978: 157) states "to be able to imitate a model correctly, children need guidance. Making video tutorials (audio-visual media) about gymnastic materials can help individuals learn gymnastic movements in detail, without compromising the role of the gymnastics instructor.

## Conclusion

Based on the results of the study, it can be concluded that: The video product of gymnastics art creations of Poltekkes Kemenkes Jambi is appropriate and meets the criteria and is feasible to be applied to increase the physical activity of RT 02 Kelurahan Murni Broni, Jambi City, in terms of the accuracy of the video background color selection, most of the respondents answered well (57.7%), the accuracy of the selection of gymnastics music, most of the respondents answered well

(76.9%), the clarity of the video sound most of the respondents answered quite well (69.2%), the clarity of exercise instructions most of the respondents answered quite well (76.9%), the compatibility of gymnastics with music most of the respondents answered well (84.6%), the compatibility of gymnastics with art most of the respondents answered well (73.1%), gymnastic movements are easy to learn most of the respondents answered well (69.2%), most of the respondents answered well (53.8%) **Suggestion**

1. The video gymnastics by Poltekkes Kemenkes Jambi art creations will be used and distributed for health promotion purposes in order to increase the physical activity of the community. Before being disseminated there are several things that need to be considered; This product is built based on the needs of today's users.
2. The results of this product there will be further research on the effectiveness of the video gymnastics of the Jambi Ministry of Health Health Polytechnic's artistic creations to increase physical activity.

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